



NOT FOR THE SHY GUY

BRIGHT COLOURS, BOLD PRINTS AND SHINY METALLICS
ALL THE RAGE FOR MEN NEXT SPRING AND SUMMER PAGE 13

FRIDAY'S JACKPOT

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estimated



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Thursday, July 12, 2012



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THORN IN THE SIDE

Sara Rowland, a city urban forestry planner, gives Londoners a glimpse of the buckthorn plant — a pest officials say is taking over yards and parks. Rowland and others are rallying troops for a summer volunteer effort to pluck the invasive species from public places. "It isn't the sexiest job, but we have to act now," Rowland said. Details about upcoming buckthorn removal workdays are posted at london.ca. AMANDA GRANT/FOR METRO

The city at the click of a mouse

London.ca. New city website will put big focus on e-services, technology chief says



JOHN MATISZ
john.matisz@metronews.ca

Modern. Efficient. Practical.

That's what the city's technology services department is focusing on as it moves towards a new and improved london.ca.

"Everybody has the Internet in their pockets these days," said Joseph Edward, the city's chief technology officer. "We need to update our product."

The city has committed \$360,183 to overhauling its website with a launch expected early next year, sometime before the World Figure Skating Championships in March.

Not only will the website look different, it will also be chock full of e-services.

Soon enough, Edward said, people will be able to perform the majority of city-related transactions online.

That means getting a busi-

User-friendly

"Right now it's hard to navigate around the site. We want Londoners to find things easily this time around."

Joseph Edward, London's chief technology officer

ness licence or buying seasonal passes to city pools without leaving the house.

"One of our goals is to roll out as many e-services as possible (alongside the website launch)," Edward said.

The city's ability to live stream will also be upgraded.

The city recently collected data from a series of focus groups comprised of 500 citizens and staff. Those groups, Edward said, were clear on what they want to see from the new site.

"What people care about is convenience and (something that's user-friendly)," he said. "And that's what we're going to give them."

Follow John Matisz on Twitter @Metro_JMatisz



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Correction & clarification

Contrary to what was reported in "Londoners not sold on casino: Poll" Metro London, Wed., July 11, 2012, Kimble Ainslie is not a former Conservative politician as he has never run for public office for the Conservative party. Stephen Orser's statement about the poll represents his opinion only. **METRO**

Classical instrument

Cello brings in the big bucks

Orchestra London's principal cellist Christine Newland has sold her cello for \$500,000 to the Canada Council Instrument Bank. The rare instrument, which Newland bought with a \$12,000 loan in 1976, was made in 1730. **METRO**

Rainbow youth

Leadership award winner named

London South Collegiate Institute student Trenton James MacDuff will receive this year's Rainbow Leadership Award for Youth. Openly gay MacDuff was selected for contributions to his school's gay-straight alliance. **METRO**

Fundraiser

Art sale to benefit Banting museum

The Banting House will host a fundraising art event from noon to 4 p.m. Saturday and Sunday on the museum grounds (442 Adelaide St. N.). Artists will display and sell original works with 50 per cent of proceeds going to the museum. **METRO**

Bottle signing

Bachelor Ben is London bound

The Bachelor's Ben Flajnik and winemaking partner Mike Benziger will sign wine bottles from 2 to 5 p.m. July 18 at the LCBO (109 Fanshawe Park Rd.) to celebrate the release of their wine, Epilogue Chardonnay. **METRO**

Skate Canada knee-deep in preparing for London's world event

2013 World Figure Skating Championship. With seven months left until showcase, momentum is building



JOHN MATISZ
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Skate Canada is promising a "complete transformation" of the John Labatt Centre for next year's World Figure Skating Championships.

The organization plans to spend \$1 million on everything from lights and television set-up inside the venue, to interactive outdoor booths, officials said Wednesday.

The booths will be something akin to a street fair and will be set up at the Covent Garden Market during the event, March 10 to 17.

Exact plans aren't set in stone, but the exhibits are expected to focus on things like family-friendly activities and serve as places for autograph sessions, Jackie Stell-Buckingham, Skate Canada's director of events, said

Economic impact

\$28M

Estimated economic impact of 2013 World Figure Skating Championships.
Source: Skate Canada

during a media briefing.

More than \$40,000 will be spent on changes to the arena's audio system to ensure competing skaters can hear their music from every patch of ice.

As for the much talked about sound and light show planned for outside, a production company is expected to be on board soon after city council gave its blessing last month to covering up to \$250,000 of the show's \$600,000 price tag, Tourism London General Manager John Winston said.

Winston said two companies, based out of Montreal and Toronto, have been short-listed. "Looking at the presentations we have seen (from the companies), it'll be a spectacular experience," he said.

Follow John Matisz on Twitter @Metro_JMatisz



Zelinka's Olympic-trial bib up for auction

Olympics-bound heptathlete Jessica Zelinka, right, husband Nathaniel Miller, and daughter, Anika, 3, are pictured after the June 30 Olympic track and field trials in Calgary. Zelinka, a London native, is auctioning an autographed bib worn during the trials on Twitter (#zelinkabib) to pay for her family's trip to the Olympic games, according to a post on her website. Bidding ends at 4 p.m. Friday.

COURTESY CALGARY WARRIORS TRACK CLUB HEAD COACH JAN LIPS



Volunteers asked to get down & dirty for food bank

The local food movement has made its way to the London Food Bank.

The food bank is working with local farmers to plant, maintain and harvest crops through its community harvest program, bringing fresh produce to people who depend on the agency.

"One of the best parts of this program is getting young people out to local farms and having them realize that the things they eat can grow in their own backyard," said Josh Chadwick, the food bank's community harvest

co-ordinator.

The program will give volunteers a chance to get their hands dirty Friday during its second annual garlic harvest.

The crop has flourished on a half acre of land Western University's Environmental Science research station has dedicated to the program.

"It's going to be fun," Chadwick said about Friday's event. "It's an interesting crop and will be the only volume of garlic that comes through the program."

For more information, about the program visit

At a glance

- Friday's garlic harvest starts at 4 p.m. on Wonderland near 9 Mile Road.
- The community harvest program is part of a provincewide effort that includes encouraging farmers to grow crops for food banks.

londonfoodbank.ca.
AMANDA GRANT/FOR METRO

Bluesfest. Coming to town

London's Bluesfest is set to take over the corner of King and Clarence streets.

The three-day festival starts Friday featuring local, national and international blues musicians, including Alto Reed, Edgar Winter and Ontario's Stevie T & Kingtone.

New to the lineup is the festival's family day on Sunday. Children and teens will be able to catch some tunes that day. Only people 19 and older will be allowed through the gates Friday and Saturday.

Festival organizers expect to draw 20,000 people to the city's core over the weekend. The festival is marking its 18th year.

For a schedule or to buy tickets, visit thebluesfest.com.

AMANDA GRANT/FOR METRO

Festival hours

- **Friday:** 5:30 p.m. start
- **Saturday and Sunday:** Doors open at 3:30 p.m.



NEWS

On the web

Weighed down? Feed your head instead

Losing the battle of the bulge? Don't blame yourself, blame your brain, say doctors who are using electronic pulses to rework hunger pathways in the brain. Go online to see how neurostimulation is helping the obese lose weight.

Comfort creatures

Call of the wild? More like mother and child if these photos are any indication of what the animal kingdom is truly like. Go to metronews.ca to see this heartwarming gallery.

Mobile news



A tiny blood-sucking parasite from the Caribbean has been named in honour of Jamaican reggae icon Bob Marley. Is it an homage to the singer or sly insult? Scan the code to find out more.

\$180-million bill**Gas plant move baffles Bentley**

Energy Minister Chris Bentley couldn't say Wednesday who decided to pull the plug on a gas plant in Mississauga — which will cost the province \$180 million. "I can't answer that," he said.

THE CANADIAN PRESS

Branson family**A space trip? That's kids stuff**

Richard Branson's space flight will be a family affair: The British tycoon says his two adult children will join him on a two-hour journey on SpaceShipTwo next year — along with 120 others.

THE ASSOCIATED PRESS



Richard Branson reveals his space plans on Wednesday.

THE ASSOCIATED PRESS

Just 15,000 inmates**Toews springs a jail surprise**

Federal Public Safety Minister Vic Toews says predictions of an explosion in the prison population are not coming true.

Toews says the inmate population stood at just under 15,000 as of June 30 — almost 3,000 below esti-

mates by the Correctional Service of Canada.

Toews says the numbers refute opposition suggestions the government's tough-on-crime laws will put more people behind bars.

The lower-than-expected numbers, he added, will allow the government to spend almost \$1.5 billion less over the next seven years by not building prisons. **THE CANADIAN PRESS**

Doctored photos**Teen Vogue's their target now**

Seventeen magazine promised not to alter body shapes in photographs. Now a group of teenage girls have collected 28,000 signatures asking Teen Vogue to stop digitally manipulating images. **THE ASSOCIATED PRESS**

700 geese gassed in safety flap

Airliners in danger.

Officials finally get permission to storm sanctuary near JFK airport in New York

U.S. wildlife officials finally got their hands on 700 Canada geese.

They've gassed the geese that were holed up in a bird refuge next to John F. Kennedy airport in New York.

The birds were considered prime culprits in deadly aviation strikes.

But they were untouchable living at the Jamaica Bay Wildlife Refuge, on protected land belonging to the U.S. National Park Service.

That all changed Monday, said USDA spokesperson Carol Bannerman.

Armed with U.S. Fish and Wildlife permits issued June 29, officials snared the 700 geese, shipped them to upstate New York for processing and will hand out the meat to food charities.

A true hero

One of the most famous Canada geese midair strikes produced true pilot heroism.

- **IMPACT.** Canada geese sucked into jet engines crippled U.S. Airways Flight 1549 out of LaGuardia on Jan. 15, 2009.

- **SPLASH.** Capt. Chesley Sullenberger managed to glide the plane into the Hudson River and save all 155 people on board.

"Forty-six per cent of the strikes between civil aircraft and Canada geese occur in the summer," Bannerman said. "Eighty per cent of the strikes are with resident (as opposed to migratory) Canada geese."

"About half of these cause damage, \$90-million worth over the last 20 years."

TORSTAR NEWS SERVICE

**Terror hits a picnic trip as school bus spins into gorge**

This is the spot where a student picnic trip ended in tragedy. A crowd gathers round an upturned school bus that fell into a gorge after an accident in Nambalnar, about 47 kilometres from Srinagar, India, on Wednesday. Two died and dozens were injured, reports said. **MUKHTAR KHAN/THE ASSOCIATED PRESS**

Zoo tragedy. Siberian tigers maul man to death — suicide not ruled out

Siberian tigers have fatally mauled a man inside an enclosure at the Copenhagen Zoo.

Investigators haven't ruled out suicide by the 21-year-old Afghan-born man.

"We don't know why he went in and why he ended up in the enclosure," said police spokesperson Lars Borg.

The man sustained multiple bite wounds to the throat, face, chest and a thigh.

He was granted Danish citizenship last month and his family has identified him, Borg said. Police declined to release his name.

Zoo manager Steffen



A tiger roams the Copenhagen Zoo den on Wednesday.

LINDA JOHANSEN/THE ASSOCIATED PRESS

Straede said it was the first time in the zoo's 152-year history that such an incident has occurred, and there are no plans to reassess its security or to put the tigers down.

THE ASSOCIATED PRESS

Mystery. Man arrested, then one of U.K.'s richest women is found dead

She was one of Britain's richest women, but her fortune couldn't help her beat her addiction to drugs.

And now American-born Eva Rausing has been found dead in her west London home. A man was arrested in connection with the case.

The 49-year-old man was held on suspicion of drug possession. Later, a search of an address in London's tony Belgravia neighbourhood turned up Rausing's body.

Rausing, 48, was the wife of Hans Kristian Rausing, heir to the TetraPak fortune his father built by manufacturing laminated cardboard drink containers.

Both Rausing and her husband have had long-running and often public battles against addiction.

Scotland Yard said tests were being carried out on Rausing's body after an autopsy was inconclusive.

It added: "The death continues to be treated at this time as unexplained."

Rausing supported a number of charities that helped to fight addictions.

One of them — Action on Addiction — was among the first to express sadness over her death and praise her "wonderfully generous" support over the years.

THE ASSOCIATED PRESS

Tears. Japan's joy turns to sorrow as baby panda dies soon after birth

A baby giant panda died at a Tokyo zoo on Wednesday, less than a week after becoming the first to be born at the facility in 24 years.

The birth had created excitement across Japan, and the nation is mourning the baby's death.

Tokyo's Ueno Zoo said the male panda, which had not been named yet, died of pneumonia Wednesday morning.

A zookeeper found the baby, who was born last Thursday, lying belly-up and not breathing, on his seven-year-old mother's chest. Resuscitation efforts failed.

THE ASSOCIATED PRESS



The tiny baby panda, left, cuddles up to its mother after being born last Thursday. **THE ASSOCIATED PRESS**



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Hazing death. Florida university president resigns after scandal

The president of Florida A&M University resigned Wednesday, the same day the school was sued by parents of a drum major who died after being beaten by fellow band members in a hazing ritual. It was unclear if the two events were related.

Robert Champion's death put a spotlight on the controversial new-member rituals among some of the country's top college marching bands.

Champion died after fellow band members beat him aboard a bus parked outside a hotel following a football game in November against the school's archrival.

The school's trustees in June gave university president James Ammons a vote of no confidence after questioning his management of the band prior to Champion's death.

Champion's parents, Robert and Pamela, applauded



Robert Champion, the Florida A&M University drum major who died in a hazing incident. THE ASSOCIATED PRESS

Ammons' resignation, calling it part of a necessary "house cleaning" at the university.

Eleven band members face felony hazing charges and have pleaded not guilty. Their trial is scheduled to begin the same month as Ammons' resignation, in October.

THE ASSOCIATED PRESS

Sanctions rollback

U.S. poised to allow investment in Myanmar oil

The United States is poised to allow U.S. companies to invest with Myanmar's state oil and gas enterprise as the Obama administration takes its biggest step yet to roll back sanctions, marking a rare break from pro-democracy leader Aung San Suu Kyi, who last month voiced concerns over accountability and transparency.

THE ASSOCIATED PRESS

Suicide attack

Yemeni police cadets killed in bombing

A suspected al-Qaida suicide bomber detonated his explosives among a crowd of Yemeni police cadets as they were leaving their academy Wednesday, killing at least 10 of them, according to security officials.

The Interior Ministry said al-Qaida was behind the bombing, which struck in the capital Sanaa. Security officials said 20 cadets were wounded, three critically. THE ASSOCIATED PRESS

Sept. 11 most impactful TV event of past 50 years

Research. Men and women, adults and youth differ on which televised events have left the largest cultural impact, study finds

The Sept. 11, 2001 terrorist attack is by far the most memorable moment shared by television viewers during the past 50 years, a study released on Wednesday concluded.

The only thing that came close was President John F. Kennedy's assassination and its aftermath in 1963, but that was only for the people aged 55 and over who experienced those events as they happened instead of replayed as an historical artifact.

Sony Electronics and the Nielsen television research company collaborated on the survey. They ranked TV moments for their impact not just by asking people if they remembered watching them, but if they recalled where they watched it, who they were with and whether they talked to other people about what they had seen.

By that measure, the Sept. 11 tragedy was nearly twice as impactful as the second-ranked moment, which was the coverage of Hurricane Katrina in 2005.

Minutes after the first airplane struck New York's World Trade Center on a late summer morning, television networks began covering the events continuously and stayed with them for days.

Sony was interested in the



In this Sept. 11, 2001, photo, the twin towers of the World Trade Center burn behind the Empire State Building in New York. A study released Wednesday found the television coverage of the Sept. 11 terrorist attack left the largest impression on viewers in the past 50 years. MARTY LEDERHANDLER, FILE/THE ASSOCIATED PRESS

study for clues on consumer interests and behaviours and found "that television is really the grandmother of all the social devices," said Brian Siegel, vice-president of television business for the company.

Men and women agreed on the three most impactful television events — Sept. 11, Katrina and O.J. Simpson. After that, some interests diverged.

For example, women ranked the 1997 funeral of Princess Diana as the fourth most memorable event, while men put that at No. 23.

Women ranked last year's death of Whitney Houston at No. 5, with men judging it No. 21.

Similarly, the 2003 bomb-

ing of Baghdad at the start of the Iraq War was seen as the No. 14 most impactful moment by men, and No. 37 among women. Men were also far more struck by boxer Mike Tyson biting off a piece of Evander Holyfield's ear.

The passage of time has also diluted some moments once thought of as unforgettable, simply because succeeding generations have no personal memory of them. Man's first moon landing in 1969 ranked No. 21.

Young people also ranked Barack Obama's Election Night speech in 2008 at No. 3, while that didn't move older viewers quite as much (No. 24).

THE ASSOCIATED PRESS

Fact over fiction

The vice-president of television business for Sony said he had anticipated that entertainment events like the final episode of *M-A-S-H* (ranked No. 42), the Beatles' appearance on *The Ed Sullivan Show* (No. 43) and the "Who shot J.R.?" episode of *Dallas* (No. 44) would rank higher.

- Instead, television coverage of news events made the biggest difference in viewers' lives.

U.S. bank director disappears with \$17M of investors' money



Wendy Cross looks out from her food truck as she waits for the lunch-time crowd Tuesday in Atlanta. DAVID GOLDMAN/THE ASSOCIATED PRESS

After penning a rambling confession to financial regulators and writing notes to his family, a south Georgia bank director boarded a ferry in Florida and disappeared.

Now local and federal investigators are trying to determine whether Aubrey Lee Price killed himself, as his lengthy confession would have them believe, or whether he slipped away with \$17 million of investors' money. His family has told authorities they believe he's dead, but federal investigators aren't so sure and have offered \$20,000 for information leading to his arrest.

"My depression and discouragement have driven me to deep anxiety, fear and shame. I am emotionally overwhelmed and incapable of continuing in

this life," says the confession letter investigators believe was written by Price.

"I created false statements, covered up my losses and deceived and hurt the very people I was trying to help."

Wendy Cross moved about \$300,000 to Price's firm after a trusted financial adviser told her it would be a good investment. She met Price in person once. She described a very religious, soft-spoken man with a gentle demeanour and an air of kindness.

"He should have won an Oscar for his performance that day," she said. "He has left a path of financial carnage."

The 46-year-old from Atlanta said she discovered something was wrong late last month when she wanted to withdraw

some money from the firm to invest in another business. She tried multiple times to contact the firm to withdraw money. When she texted her financial adviser, he responded that he had no idea what was going on at the company and said he thought Price was still alive despite rumours of his suicide.

Price left his home in south Georgia on June 16, telling his family he was headed to Guatemala for business, said Sgt. Aaron Pritchett of the Lowndes County Sheriff's Office, which is investigating his disappearance. Two days later, Price's family received letters saying he was going to Key West to board a ferry headed to Fort Meyers and planned to jump off along the way to end his life.

THE ASSOCIATED PRESS

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Shriveled bills were all one man found after he stored his money in a tin near a heater. CONTRIBUTED/CAMBRIDGE TIMES

Cool cash can't handle the heat

Melting money. New polymer banknotes reportedly don't stand up to this summer's sweltering conditions



GRAHAM LANKTREE
Metro in Ottawa

Despite having more security features than you can shake a stick at, Canada's new polymer-based banknotes may have one weakness — the sweltering summer heat.

Brittney Halldorson, a

teller at the Interior Savings Credit Union in Kelowna, says the new \$50 and \$100 bills are supposed to withstand boiling water, but she has seen cases where several of the bills melted.

"We have seen it a few times now where there have been either three to four, or five to 10 (bills) all melted together," she said.

In January, a report from Cambridge, Ont., noted that a man who stored his bills in a tin box near a heater returned the next day to find them shriveled and melted together.

"We've put these notes through a lot of testing so that they stand up to our very

hot summers and cold winters. The notes perform as intended under the conditions," said Julie Girard, a currency spokesperson for the Bank of Canada.

Girard said that if anyone has a bill that has been damaged in any way, they can have the money replaced by filling out a form on the bank's web-site.

The bank's new \$20 note is set for release this November, Girard said, and the remaining \$5 and \$10 denominations will be out before the end of 2013.

Follow Graham Lanktree on Twitter @MetroGraham




San Bernardino


Another California city goes bankrupt


San Bernardino, Calif., has become the second-largest city in the U.S. to file for bankruptcy. Stockton, Calif., population 300,000, became the biggest when it filed for Chapter 9 on June 28. The much smaller city of Mammoth Lakes voted for bankruptcy July 3. **THE ASSOCIATED PRESS**

Market Minute

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Dow Jones: 12,604.53 (-48.59)

Study. Consumer spending up in 2nd quarter, but June figures suggest slowdown

Consumer spending increased in the second quarter compared with a year ago, but figures for June point to a slowdown, according to a report by credit and debit card processor Moneris Solutions.

Moneris said Wednesday that overall, consumer spending increased 4.67 per cent year-over-year in the quarter, but that the smallest amount of growth, 3.72 per cent, occurred in June.

"While the Canadian economy continued to experience healthy growth in the second

quarter of 2012, some signs point to a potential reduction in spending," said Jim Baumgartner, president and CEO, Moneris Solutions.

Economists have also been predicting a slowdown in spending as consumer debt levels are already at all time highs and its expected that Canadians will rein in their expenses.

During the second quarter, the entertainment category saw the highest increase in overall spending in the quarter, up 9.43 per cent, while hotels and restaurants came in a close second, with growths of 6.75 and 6.41 per cent, respectively.

The specialty retail category also experienced strong growth, with stationery (6.62 per cent), florists (6.33 per cent) and pet shops (6.14 per cent) leading the increase in dollars spent.

Modest growth

2.74%

Apparel, a traditionally strong spending category for Canadians, experienced modest growth, with an increase of 2.74 per cent compared to the same period last year, Moneris said.

THE CANADIAN PRESS

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MAN VS. TOILET: THE ETERNAL STRUGGLE



HE SAYS...
John Mazerolle
metronews.ca/hesays

Today, I am a man.

I mean, I've been male for as long as I can remember. But I've never been a guy's guy. I like hockey because of the elegant flow. I like The Tragically Hip

because of the delicate lyrics. And I like MMA because I enjoy watching jackasses in bars swinging their fists at the TV and yelling "kill him!" when the screen is showing two men hugging on the floor.

This lack of manhood made me uncertain when confronted with the challenge every true man must face: The clogged toilet.

I had to cross the Rubicon, and it wasn't flowing properly. It started as all clogs do, with the water rising towards the top of the bowl and me willing it to stop with a battle cry of "no, no, no!" and staring at it really hard.

I tried to defeat it with the plunger. But this was no ordinary clog. You know those movies where fighter jets are flying around The Squid From Beyond the Stars and their missiles do nothing? That was my plunger.

At one point the toilet ripped the plunger from my hands, broke it in two

and spit it across the room, chuckling at me. The toilet will independently confirm this story.

This was my darkest hour. So I did as many great warriors through history have done when all seemed lost. I turned to the sages. In this case, plumbers on YouTube with Louisiana accents who brag about their toilets the way other guys show off their sports cars.

Here I learned about my silver bullet, my Excalibur, my Star Trek technology that solves everything and is then forgotten in all future episodes.

I learned of the closet auger — a big snake that goes into the toilet, grabs the evil inside, and rips it out of the Hellmouth. It seemed a little out of my depth, but I'd have used a whip and chair if they'd told me to.

I asked a few acquaintances at the local watering hole if they had an auger. Because I had not yet earned the respect of my fellow men, they all asked me the same thing: "Did you try a plunger?" as if I'd never heard of one. I assume they imagined me standing in the bowl and jumping up and down.

I ventured into a hardware store, chose my weapon, and pulled from the toilet the source of all evil: One sock. How a sock ended up in the toilet I cannot be sure, but I'm going to assume the toilet ate a previous owner.

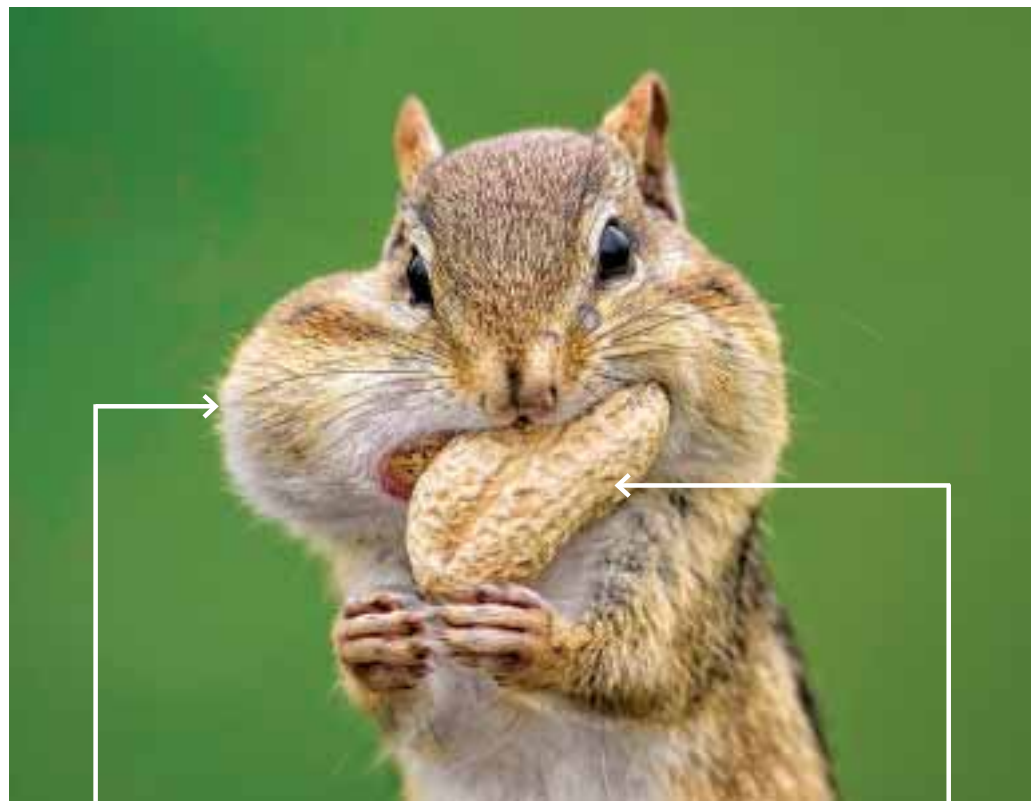
So, now, I am a man. I faced my fears, the enemy without and within, and came away a hero. If you need your toilet unclogged, I will gird my loins and once again make the plunge — a man for all times.

I also understand women do this sort of thing without making a big fuss. If you're into that sort of thing.



Every man's nemesis: the toilet. iSTOCK

This chipmunk has gone nuts



DANIEL PARENT/SOLENT

Wildlife photography

Funny chipmunk gorges on nuts

This greedy, and indeed cheeky, chipmunk appeared to have bitten off more than he could chew when he got into a pile of peanuts.

The cute critter was part of a group of eight that had been given the nuts to share.

Metro chatted with Daniel Parent about his amusing photograph.

METRO



Daniel Parent, 51, is a photographer from Gatineau, Que. JIM CUMMING

Parent on his experience

- **How did this happen?**
"I was photographing a rare leucistic chipmunk in Ottawa, and was using the peanuts to distract the regular chipmunks," Parent explains. "There were about eight of them and some appeared to be quite greedy and stuffed their mouths, creating this amusing photo opportunity. I wasn't counting but I think some chipmunks easily got two peanuts into their cheeks, some of the more ambitious tried

to get more. I sat about six metres away with my camera and waited for the chipmunks to come and get the peanuts."

- **Chipmunk challenge.**
"Chipmunks are quick and most just grabbed a peanut and left," Parent says. "It took some time for this chipmunk to stay still and try to put as many peanuts in its mouth. Then I had to be in the right position to capture a moment in time when the chipmunk was in sight and stayed moderately still."



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WEATHER

25%
JOB
OPPORTUNITIES

75%
PEOPLE AND
PROXIMITY
TO FAMILY

0%
LOCATION,
LOCATION,
LOCATION

Twitter

@jeffsage:

Held hands, sang songs and marvelled at ant hills all the way to day care today. Thanks universe - you seriously rule. #ldnont

@torielittle:

Thank you City of London for shutting down the one and only road I take to work. #summer-construction #ldnont

@EamonOFlynn:

My question about the 0% tax thing: why aren't we finding effi-

ciencies THEN cutting the tax rate? What we're doing sounds backwards. #ldnont

@AmandaStratton:

I know I've only been in #ldnont a few days, so maybe it's an anomaly, but holy crap, everyone here is so nice.

@adamemoir:

At a little park with the kids, then covent mkt and then to the splash pad at the forks... Lazy vacation day in #ldnont

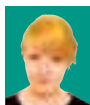


Nathan Lamb, 24, of Sarnia, left, Matt Trocchi, 20, of London, Steve Lourenco, 20, of London, and Andrew Dal Cin, 21, of Sault Ste. Marie, plan to release a compilation album featuring local artists in September through their collective Half a Dino. AMANDA GRANT/FOR METRO

Scaring up some support

Half a Dino.

Promotions company throws a Halloween in July fundraiser for community record release



BACKSTAGE
PASS
Amanda Grant
london@metronews.ca

When Half a Dino first launched, it was a way for Matt Trocchi to get the word out about shows and events at APK Live.

That was almost a year ago, and the promotions

team has grown into something more.

In September, Half a Dino plans to release a local compilation aimed at raising awareness about the talent in London. The album will feature 12 tracks by 12 local artists including Jim Sahib, Wild Domestic and Trocchi's own band Say Domino.

"I hope that people outside of the city start to take notice of what's happening here after hearing the great artists on it," Trocchi says.

Releasing a record is a time-consuming feat, not to mention costly. Bands have to be contacted, songs recorded and albums need to be manufactured all while building hype. Luckily, Trocchi works with a team of artists and

musicians who are invested in the community.

The compilation was originally the idea of Andrew Dal Cin, a member of the Half a Dino team and a musician.

"I liked what had been done with local compilations in the past, like the Oh! Comps," Dal Cin says.

Half A Dino started seriously pursuing the idea in April, contacting bands and figuring out the logistics. Now, with the help of Nathan Lamb and Steve Lourenco, the compilation is well on its way.

"We're not trying to make money off the compilation, we just want to break even," Trocchi says. "This is more about spreading the word about the London scene."

On Friday, Trocchi, along with Half a Dino, will host a fundraiser for the project: Summer Halloween, every kid's (and many adults') favourite holiday brought to life in the middle of July.

The event will feature sets by DJ Divinyl and DJ B-Nutz, both spinning strictly vinyl records and trying to keep a dance party going well into the night.

"They both play really cool music. Old hip-hop, pop, funk — it's fun," Trocchi says.

The event starts at 9 p.m. at APK Live (340 Wellington St.). Everyone is encouraged to wear a costume. Tickets are \$3 at the door.

"We're going to pay for the DJs out of our pocket so all the proceeds from the

Around town

- **Art.** Homeland, a collection of pieces by Thelma Rosner, opens Thursday at Museum London. An exhibition tour followed by a reception is slated for 7 p.m.
- **Music.** The Alcohollies, London's punk princesses, return to the stage Friday at Call the Office. The show starts at 9 p.m. Tickets are \$5 at the door.

door can go straight to the compilation," Trocchi says. "It's going to be really community-driven night."

2

SCENE

Entertainment in brief

Courtney Love being sued, again

Courtney Love's former assistant is suing over unpaid wages and claims the rocker made unethical requests such as instructing her to hire a hacker and falsify legal letters. Jessica Labrie filed the wrongful termination, wage and breach of contract lawsuit in Los Angeles on Tuesday. The suit states Labrie worked as Love's administrative assistant for about a year in 2010 and 2011, but was fired after complaining she was owed thousands in unpaid wages and expenses for business trips.

THE ASSOCIATED PRESS

On the web



Hollywood-driven Stand Up to Cancer telethon returns in September to raise money, awareness

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"EL BANDIDO"

L.A.'s Outfest hits the big 3-0

Film festival. Plenty of galas, parties and films planned to mark milestone anniversary — here's a peek at what's in store

NED
EHRBAR

Metro World News in Hollywood

Outfest, the premiere Gay & Lesbian film festival in Los Angeles, hits a milestone this year, celebrating its 30th birthday. The big 3-0 means more galas and parties, more films and much more celebrating. The festival kicks off with a gala screening of Vito Russo, and the honoring of director John Waters with the festival's Achievement Award. Outfest runs July 12 through July 22 at various locations in Los Angeles. Here are some of the highlights.

Struck by Lightning

Glee star Chris Colfer gets the overachiever award for serving as star, screenwriter and executive producer of this darkly comic take on being an outcast in high school. The Golden-Globe-winning wunderkind will be on hand for the festival's Closing Night Gala presentation of the film.

Young & Wild

This frank and fearless look at young lust comes direct from Chile, following a sex-obsessed teenager (Alicia Rodriguez) as she defies her evangelical family and blogs about her exploits, has already garnered rave reviews and awards from its premiere earlier this year at Sundance.



Thure Lindhardt JEAN-CHRISTOPHE HUSSON

Keep the Lights On

Writer-director Ira Sachs' starkly beautiful indie picked up the Teddy Award for Best Feature at this year's Berlin Film Festival for its depiction of modern love and addiction in New York between two men over nearly a decade.

Happy Endings

While not actually a film, this one's worth lining up for: Outfest will play host to the premiere of an unaired episode of ABC's hit comedy Happy Endings, with a cast and creative team Q&A session immediately following.

Q&A

Hansen's fest views and history

Director Jim Hansen and performer Drew Droege have created an online sensation with the series Chloe, lovingly lampooning indie film star Chloe Sevigny and pretension in general. Hansen is a long-time friend of the festival, so it only seemed natural for him to create some special, Outfest-specific Chloe clips, including a pre-screening warning about silencing cell phones — or "murdering" them, as Chloe says.

How long have you been involved with the festival?

This will be the fourth year that I've had something in the festival. Last year I had some Chloe videos and a short film called Video Night, and a short called Pretty Parts the year before that. It was just as Chloe was getting popular and Drew was awarded the emerging artist award.

With the mainstreaming of gay culture, is it still important to have festivals like this?

I definitely think that Outfest and festivals like it serve a special role. It is a place to see films that you may never otherwise get to see because they don't have a mass mainstream appeal. It also supports those filmmakers to explore those new areas. It gives credibility to these films that might otherwise be overlooked and disappear.

Now that Outfest is over 30, should it start lying about its age?

I think the grey hair and fine lines will look great on Outfest, so why lie?

NED EHRBAR



Must be legal drinking age.

VS
20
LCBO BREWM

WILL THE SPANIARD GIVE

The power rests in your hands to decide which beer will re

WITH 418 CHOICES FROM 39 COUNTRIES, THIS SU

Neon Trees singer gets used to 'the taste of fame'

New album. Much of Picture Show's material explores escapism themes and how being a celebrity can swallow you up

KILLIAN YOUNG

Metro World News in New York

Neon Trees exploded onto the music scene with *Animal*, the catchy dance rock track that earned them the 2011 Billboard Award for Top Alternative Song.

When asked if he expected this sudden surge in popularity,

Quoted

"I'm always pushing that mantra or motto that fame is dead."

Tyler Glenn, Neon Trees singer

singer Tyler Glenn flatly says no.

"At the same time, I never think that we're bigger than we are," he said.

I'm almost self-deprecating to a fault, and sometimes don't allow myself to realize how big we've gotten to some people."

Glenn says this struggle helped inform Neon Trees'

latest, *Picture Show*, which came out in April.

He says the album deals with "experiencing the taste of fame and how it can really swallow you up if you want it to."

"All the songs that I was writing about for this record were about escape," he explains.

"I like the way I feel when I go to see a movie, seeing someone else's life for two hours."

For Neon Trees, they were able to capture the sounds of this escapism by working in Los Angeles.

"We created and recorded the record in Hollywood, and every day walking to the stu-

dio, I saw the Hollywood sign," Glenn says.

"It's interesting how it's changed for me. I used to fear it and hate it, and I think in the last couple of years, getting to know the city more ...

it's really a magical city."

Glenn credits his musical mentors for helping him strike the delicate balance of dealing with popularity.

He says he learned from singers of bands the Trees have opened for, notably 30 Second to Mars' Jared Leto, whom Glenn calls "an actual, passionate, real frontman."

Glenn's sense of identity is taking shape: "I'm always pushing that mantra or motto that fame is dead — the idea of fame shouldn't be an end goal, but it should be a byproduct of your success and your passion."



Chris Allen, left, Elaine Bradley, Tyler Glenn, and Branden Campbell of Neon Trees. CINDY ORD/GETTY IMAGES

"THE ITALIAN STALLION"



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Katie Holmes ALL PHOTOS GETTY IMAGES

Katie Holmes went to Cruise's ex-wife for advice on divorce

Katie Holmes reportedly had some high-profile sounding boards as she planned her exit from her marriage to Tom Cruise — including Cruise's second ex-wife, Nicole Kidman, according to *Us Weekly*.

"They've spoken over the last few weeks," a source says. "Nicole has been supportive, saying she's been through it too and to hang in there. Nicole offered her support

and help."

The two first became acquainted when Holmes married Cruise in 2006.

"She has been a private friend not many people know about," the source explains.

So how did Holmes reach out to Kidman on the sly? The *L.A. Times* reports that Holmes used a disposable cell phone provided by a friend to plot her divorce escape.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Travis Barker still struggles with flying after famous crash

THE WORD
Monica Weymouth
scene@metronews.ca

Four years after surviving a deadly plane crash, Travis Barker is still understandably hesitant to fly, and his travel restrictions are making the latest Blink 182 tour a little difficult.

"This will be the big tour that supports the album in Europe. Mind you, I'm not flying, so it's hard to say what the band could

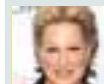
do or what its potential is, because I can't really get everywhere," the drummer tells *Red Bulletin* magazine.

Barker is, however, planning to give it another go if the tour takes them down under.

"I'm contemplating getting knocked out and getting on a plane to Australia. I want to overcome that eventually," he continues. "When I do, I think it's going to be Qantas. They never had a crash, never had a fatality — knock on wood. It's something I want to overcome."

We salute you, Travis. Take care and treat yourself to some premium tranquilizers — you could totally afford to hire Ira Glass to talk about baby kangaroos for the entire 20 hours.

Twitter



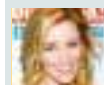
@BetteMidler

Why does every girl in TopShop look exactly alike? What am I doing in TopShop?



@russellcrowe

did this thing where you do 10 push ups, prone hold for 30 secs, 9 push ups, prone hold 30 secs etc, only takes 6 or 7 minutes but it got me



@ElizabethBanks

My kid opened a magazine to a picture of an Estée Lauder fragrance model, pointed and yelled "mama!" #bestkidever #mademday



@SethMacFarlane

Wanna just get away from it all. Which campground gets the best iPhone reception?



Jessica Biel

Biel comfortable with Timberlake picking the pants in the relationship

Jessica Biel doesn't mind being the less fashion-conscious of the couple compared to fiancé Justin Timberlake.

"He is fearless in his choices

and has a real eye for design. And I'll be honest: He has better taste than I do," she tells *InStyle*.

"When I walk out of the closet after getting dressed in the morning, I'll go like this and turn palms upward as if to say, 'Well?' And he goes like this and shakes his head no. Then he picks again. It's hilarious."

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Attention men, it's about to get loud

Trend alert. With a riot of hot colours, prints and metallics, the spring/summer '13 men's wear shows are not for the shy

RICHARD PECKETT
life@metronews.ca

Seemingly, these days, men are more sartorially daring and, boy, are they going to need to be, judging by the menagerie of prints on offer. Dolce and Gabbana looked to a Sicily of old, with images of Sicilian barrows, puppets ('pupi') and temples, all desirably nostalgic. In contrast, Dries Van Noten combined camouflage and leopard — disguise or defence?

Whatever the meaning is, you won't be overlooked in these. Kenzo continued the camo trope with a look to the jungle. That's the urban jungle with abstracted leopard print and tiger stripes of baggy shorts and boxy tees — a key trend for the season.

Metallics: feel the steel

Think of metallics and you're probably picturing a man in a tin foil robot suit. Lanvin's monochromes were broken up with futuristic, cyborg-esque tailoring, shorts and a rather splendid pea coat, all accentuated by the dead-eyed models. But it was Versace who ramped it up with a homoerotic gladiatorial extravaganza. The outerwear and accessories appeared as a campy Mad Max-Matrix hybrid. Burberry took a break from the sobriety of its recent shows by further continuing the sci-fi motif, with models resembling Blade Runner-esque replicants with ice blue shirts and fuchsia trenches.

Colours are hotting up

This season a pop of colour has progressed, thanks to the likes of Gucci who cut tailoring among other pieces in leaf green, mustard yellow and reds that ran the gamut. Ghastly? No, captivating. Similarly red, the most evocative of colours was used to



Gucci CONTRIBUTED

great effect at Dior Homme where the shade held the eye amongst an almost entirely navy collection. However, Louis Vuitton's Damier luxury luggage shared the runway with, shock, a not-so-mellow yellow. Yachting-style slickers — in commemoration of the 30th anniversary of the Louis Vuitton Cup — moved towards lurid scuba gear before returning to the Paris house's tailoring sensibility.



Dolce & Gabbana CONTRIBUTED



Louis Vuitton CONTRIBUTED



Emporio Armani CONTRIBUTED

Try this look

Bare your arms

To pull off this trend you best get working on those biceps. Givenchy, Jean Paul Gaultier and Acne all pumped out the look.



Acne / CONTRIBUTED



Kenzo CONTRIBUTED

Try this look

Shorts go long

After a few seasons of tight, tailored shorts, the designers like Jil Sander, 3.1 Phillip Lim, Emporio Armani and Alexander Wang have relaxed the look with some chilled out, baggy styles. Takes the pressure off having a good butt, gentlemen.

3

LIFE

Fashion Flash

Aeropostale taps Chloe Moretz as its model and style curator

At age 15, actress Chloe Grace Moretz is already an ambassador. It's for Aeropostale, the youthful fashion brand, and it's a job that's likely to come with some clout and influence — especially with teenage shoppers. Moretz will be featured in advertisements through next spring, largely wearing clothing she's selected and styled herself. She will also curate collections in-store and online. "I get my own section, I got to pull my own clothes. Girls can go and see what I love and what I wear in the shoots. It's a way for me to be in touch with girls," Moretz said in a recent phone interview. Moretz starred in *Hugo* and *The Amityville Horror* and has the title role in the upcoming remake of the horror classic *Carrie*.

THE ASSOCIATED PRESS

On the Web



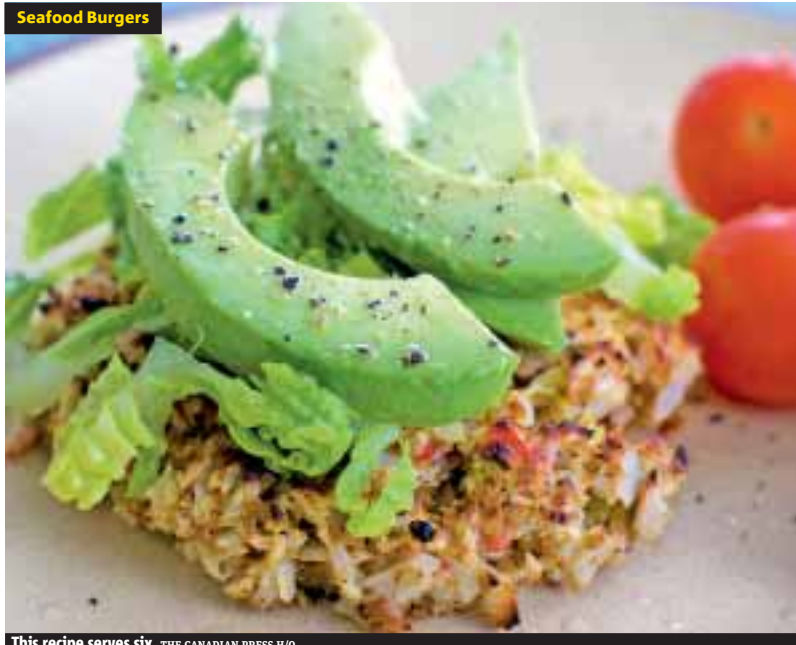
Cowboy hats on royal heads bring Calgary company booming business

Tuna, salmon and crabmeat combine to make diabetic-friendly Seafood Burgers

"This burger goes far beyond the fast-food variety," Angela Medearis says in her book *The Kitchen Diva's Diabetic Cookbook*. "Imitation crabmeat, canned

Ingredients

- 1 lb imitation crabmeat, canned tuna packed in water, or canned salmon
- 1 large egg, lightly beaten
- 1/2 cup whole-wheat panko breadcrumbs
- 1/4 cup plain low-fat Greek yogurt
- 2 tbsp low-fat mayonnaise
- 1/3 cup finely chopped celery
- 1/4 cup finely chopped red bell pepper
- 2 scallions, including green parts, finely chopped
- 1 tsp Dijon mustard
- 1 tbsp lemon juice
- 1 tsp poultry seasoning
- 1/4 tsp cayenne pepper
- 1 tsp ground black pepper
- 6 whole-wheat hamburger buns, split and toasted
- 1/2 cup shredded lettuce
- 1 avocado, peeled, pitted and sliced



This recipe serves six. THE CANADIAN PRESS H/O

tuna, or salmon all make delicious seafood burgers,

and are a healthy source of omega-3 fatty acids. Try a combination of all three for a tasty treat."

1. In a large bowl, combine the crabmeat, salmon tuna (or all three), egg, bread crumbs, yogurt, mayonnaise, celery, bell pepper, scallions, mustard, lemon juice, poultry seasoning, cayenne and black pepper. Mix gently, then form into 6 patties.

2. Refrigerate for 30 minutes.

3. Heat the oven to broil. Coat a baking sheet with cooking spray.

4. Arrange the patties on the prepared baking sheet. Broil for 3 to 4 minutes, then carefully flip and broil for another 3 to 4 minutes, or until golden brown.

5. Place each burger in a toasted bun and top with lettuce and avocado slices.

THE CANADIAN PRESS/ RECIPE ADAPTED FROM ANGELA SHELF MEDEARIS' *THE KITCHEN DIVA'S DIABETIC COOKBOOK*, ANDREWS MCMEEL, 2012

Book of the week

Modern spin on Diabetes cooking



Angela Shelf Medearis releases an inspirational collection of more than 150 simple, flavourful and budget-friendly recipes in her book *The Kitchen Diva's Diabetic Cookbook*. Recipes address dietary needs of prediabetics, juvenile diabetics, type 1 and type 2 diabetics, and more. You'll find recipes featured on *The Dr. Oz Show* such as Buttermilk Pecan-Crusted Tilapia as well as Jerk Chicken Salad, Herb Cauliflower Couscous and more. A detailed nutritional and caloric analysis is included in each recipe to ensure that daily nutritional requirements are met.

METRO

Sweet & Savoury. Spinach & Savoy Cabbage Slaw with Roasted Beets



To roast the beets in this recipe, wrap them together in foil and bake at 425 F (220 C) for 1 hour or until tender when tested with the tip of a knife. If you're running low on time, you can also use store-bought pickled beets.

1. Whisk together vinegar, oil, soy sauce, hot pepper jelly, ginger and garlic. Toss with shredded cabbage, spinach, green onions and sesame seeds.

2. Cut roasted beets into wedges and gently toss with salad. Sprinkle blue cheese over and serve immediately.

Ingredients

- 4 tbsp (60 ml) seasoned rice wine vinegar
- 2 tbsp (30 ml) sesame oil
- 2 tsp (10 ml) soy sauce
- 1 tsp (5 ml) hot pepper jelly, melted
- 1 tsp (5 ml) ginger, finely minced
- 1 tsp (5 ml) garlic, minced
- 4 cups (1 l) savoy cabbage, cored and shredded
- 3 cups (750 ml) baby spinach
- 4 green onions, finely sliced
- 2 tbsp (30 ml) toasted sesame seeds
- 4 medium roasted beets
- 2 tbsp (30 ml) crumbled blue cheese

Leftover rice gets new life in quick Chorizo Rice Frittata

This 20-minute meal is perfect for a rushed weekday supper. Serve it with a mixed green salad.

1. Heat a 25-cm (10-inch) ceramic, enameled cast-iron or non-stick, oven-safe skillet over medium-high heat; add oil. Cook sausage, onion and red pepper, breaking sausage up with wooden spoon, until sausage is crumbled and cooked through, about 3 minutes. Stir in rice, paprika, salt and pepper; cook until heated through, about 1 minute.

2. Meanwhile, in a bowl, whisk eggs, milk, parsley; pour evenly over sausage mixture. Cover and cook over medium heat until bottom and sides are firm and top is almost set, about 8 minutes.

3. Sprinkle with cheese; transfer to a preheated oven and broil on high, watching closely, until cheese is bubbly, and frittata set, about 2 minutes.

4. Let stand 5 minutes. Slide onto cutting board and cut in wedges.

THE CANADIAN PRESS/USA RICE FEDERATION, RICEINFO.COM



This recipe serves eight. THE CANADIAN PRESS H/O

Ingredients

- 15 ml (1 tbsp) olive oil
- 375 g (12 oz) fresh chorizo pork sausages (about 3), casings removed
- 1 small onion, diced
- Half sweet red pepper, diced
- 250 ml (1 cup) cooked medium- or long-grain white rice
- 4 ml (3/4 tsp) smoked or sweet paprika
- 1 ml (1/4 tsp) each salt and pepper
- 10 eggs
- 50 ml (1/4 cup) 10 per cent cream or whole milk
- 45 ml (3 tbsp) chopped fresh parsley
- 125 ml (1/2 cup) grated Manchego cheese or cheddar cheese

Keep cool with haute home decor



Blocking the sunlight and controlling air flow are two ways to keep your space feeling cooler this summer. HUNTER DOUGLAS

Beat the heat. When the temperature rises, stay fresh and cold with these sleek, simple cooling devices



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

With record-breaking temperatures this summer and the thermometer expected to keep rising throughout most of the country this week, it's important to not only look cool, but to keep your home cool too.

Here are a few home-owner-friendly products that will keep you cool — and keep your home looking chic. None require major installation, and all are cool-looking (and feeling!) and well worth the money.

Cool the air

Spot cooling with a portable air conditioner is a great way to save energy by only cooling the areas of your home that you use on a regular basis. The DeLonghi Pinguino portable air conditioner has handles and castors for easy portability. Its 9000 BTUs can cool up to 350 square feet, and the built-in fan, dehumidifier with silent operation and remote control will be your climate-control friend year-round.



Portable air conditioners allow for spot cooling when air conditioners can't be installed. DeLonghi Pinguino Portable 9000, \$500, Delonghi.ca

Move the air

A ceiling fan can help reduce scorching temperatures by six to 10 per cent and costs little to run. In the winter it can help to improve air circulation and distribute heat that rises toward ceilings and in corners of a room, helping to get rid of condensation on windows. The Modern Fan Company's Pensi aluminum ceiling fan (with a fabulous discrete light) boasts an ultra-modern sleek look for the minimalist decorator.

The Pensi ceiling fan keeps you cool with a clean, industrial look. \$480, ModernFan.com

Choose your breeze

Tabletop fans bring a cool breeze into warm spots at night and circulate the air during the day. The Dyson Air Multiplier AM01 fan works without blades, which means air isn't "chopped," creating that annoying buffering sound. The Air Multiplier technology amplifies surrounding air and creates an uninterrupted stream of air. It's not only efficient, but beautifully sculptural too.



Portable fans can cool a room but add sculptural interest. Air Multiplier M01 fan, \$400, DysonCanada.ca



Block the heat

The beauty of window coverings is that they give you full control of light and keep heat out in the summer. Hunter Douglas Architella Honeycomb Shades not only offer up modern style, but also energy efficiency — three air pockets within the honeycomb provide an R-value of up to 7.75 (a 4 R-value will prevent up to 75 per cent heat or cold loss through a window) and will insulate your window from the hot rays hitting the windows.

Window shades keep the heat out in summer and the cold out in winter. Architella Honeycomb Shades, starting at \$250, Hunter-Douglas.ca

Ironing

Beat linen woes with this combo

During the summer months, I face the usual dilemma of whether or not I should iron my summer linen wardrobe. If I iron it, what's the best way to do this as easily and effortlessly as possible?



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Whether you should iron your linen is a personal fashion statement. But I can help you get rid of the wrinkles.

In order to iron linen successfully, you need the clothing to be humid combined with the heat of a hot iron. Without both you can never

iron successfully.

Why humidity? Won't a hot iron get rid of the wrinkles? Surprisingly, no.

Most people hate ironing because they don't have good results. They iron with heat but no humidity and get frustrated when the wrinkles don't disappear.

Steam created when you iron clothing with a combination of humidity and heat allows the linen fibres to relax and get rid of the wrinkles.



In order to iron successfully, you need a combination of heat and humidity. ISTOCK IMAGES

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SPORTS

Cycling

Armstrong given time to contest doping charges

The U.S. Anti-Doping Agency on Wednesday granted Lance Armstrong an extension of up to 30 days to contest drug charges while the seven-time Tour de France winner challenges the case in federal court. The move erases the Saturday deadline for Armstrong to either send the case to arbitration or accept sanctions from USADA, which would likely include a lifetime ban from cycling and other sports along with stripping the Tour titles he won from 1999-2005.

THE ASSOCIATED PRESS

Mobile sports



With fastballs, sliders, curves, slurve, two-seamers, four-seamers, cutters, palmballs, splitters, forkballs, knuckleballs and even the infamous gyroball, you might think this is a golden age of pitching. But are there that many more today? Or did we just figure it out with scouting and technology? Scan the code for the story.

NHL

Vlasic strikes deal to stay a Shark

The San Jose Sharks have signed defenceman Marc-Edouard Vlasic to a five-year contract extension through the 2017-18 season. The 25-year-old Vlasic led the Sharks with 171 blocked shots last season.

THE ASSOCIATED PRESS

Cycling

French favourite wins Tour stage

Thomas Voeckler of France led a five-rider breakaway to win the 10th stage of the Tour de France as the race entered the Alps on Wednesday, while Bradley Wiggins retained the overall lead.

THE ASSOCIATED PRESS



Thomas Voeckler crosses the finish-line on Wednesday. THE ASSOCIATED PRESS

NBA

The Tim Duncan era continues

The San Antonio Spurs announced Wednesday that they re-signed Tim Duncan, bringing back the 36-year-old forward for at least a 16th season.

Terms of the deal were not disclosed.

THE ASSOCIATED PRESS

NBA



"I'm not going to come in and expect for coach to cater to who I am and what I do."

Ray Allen, who will make \$3 million this season after officially signing a contract with the Miami Heat on Wednesday.

Intrigue just beginning as baseball enters second half

MLB. Trade talk, injuries and the Pirates are talk of the league after all-star break

There was a public outcry when R.A. Dickey did not start the all-star game, a journeyman for the Chicago White Sox threw a perfect game and the Pittsburgh Pirates of all teams were in first place as the first half of the baseball season drew to a close.

What's next, post-season baseball in Washington D.C.? It sure looks that way.

An eventful and unexpected first half that included Dickey knuckling his way to stardom with the Mets and Phil Humber's out-of-nowhere perfecto for the White Sox is only expected to get more intriguing as the season rounds second and heads for third.

The non-waiver trade deadline is looming at the end of the month, and the Baltimore Orioles and White Sox got ahead of the curve by acquiring Jim Thome and Kevin Youkilis, respectively, to bolster their offenses. Milwaukee's Zack Greinke, Philadelphia's Cole Hamels and Arizona's Justin Upton could be headed else-



The Giants' Melky Cabrera hoists his MVP trophy after the National League's 8-0 win in Tuesday night's all-star game. CHARLIE NEIBERGALL/THE ASSOCIATED PRESS

where as the contenders and pretenders separate themselves.

"There's several teams involved in races right now," said Detroit manager Jim Leyland, whose Tigers joined the Phillies and Red Sox on the list of big-spending underachievers in the first half of the season. "There's probably going to be a lot of teams that would like to go out and get somebody. But the more teams that want to get something, the tougher it is to get it."

Quoted

"We're playing for a city, the goal being to re-bond the city with its ball club."

Pittsburgh manager Clint Hurdle on his 48-37 Pirates.

And there's even more motivation for deals to be made in the first year of baseball's expanded post-season. The Fall Classic will be a little wil-

der this time around. A new format kicks in this year that adds an extra wild card team to each league. That means 10 teams will have a chance to get in and go for it all.

The Orioles, who trail the Yankees by seven games in the AL East, haven't been to the post-season since 1997, the Pirates haven't been there since 1992 and Washington hasn't hosted a playoff baseball game since 1933, when Mel Ott homered in Game 5 of the World Series to help the New

York Giants beat the Senators for the championship.

It's a new day, and if Bryce Harper and the Nationals or Andrew McCutchen and the Pirates somehow Buc the odds and make it to the Series, they'll be hosting the party after the National League beat the AL 8-0 on Tuesday night.

With so much on the line from here on out, the all-star game in Kansas City could be one of the last nights of baseball without any juice for quite a while. THE ASSOCIATED PRESS

NBA. Nash still surprised to be joining Lakers

Steve Nash knew the scene was more than a bit surreal when he stood in the Los Angeles Lakers' training complex, grinning and holding up a gold No. 10 jersey with his name on the back.

"Being here right now is something I never foresaw," Nash said Wednesday. "That (jersey) was a major hurdle for me just to get over visually as a player."

The two-time MVP will get used to it. After spending the past 16 years trying to beat L.A. in Phoenix and Dallas, Nash is switching teams to chase NBA titles alongside Kobe Bryant.



Steve Nash in El Segundo, Calif., on Wednesday. THE ASSOCIATED PRESS

The Lakers welcomed Nash on Wednesday, a week after reaching a deal to get the superstar point guard from the Suns. THE ASSOCIATED PRESS

Hockey

Lamoriello on way to U.S. hall of fame

Lou Lamoriello, New Jersey's longtime general manager, who has led the Devils to three Stanley Cup titles and five Eastern Conference crowns, was named Wednesday to this year's induction class of the U.S. Hockey Hall of Fame.

Former players Mike Modano, who won a Stanley Cup with the Dallas Stars, and Eddie Olczyk, who won one with the New York Rangers, are also a part of the class that will be enshrined in the fall.

THE ASSOCIATED PRESS

NHL. Winter Classic adds second alumni game with more Original Six legends

Next season's Winter Classic between the Detroit Red Wings and Toronto Maple Leafs will include two alumni games and around 100 players from the storied franchises.

Representatives from both teams announced preliminary rosters at a news conference Wednesday at Comerica Park, where the alumni games are scheduled to take place Dec. 31. The 2012-13 editions of the Red Wings and Maple Leafs will play the Winter Classic on Jan. 1 at Michigan Stadium in Ann Arbor. THE ASSOCIATED PRESS

Quoted



"It's a great idea to have the second one to open up the option to have more guys to be a part of it."

Former Maple Leafs captain Wendel Clark.

Raptors finalize Lowry deal

NBA. Philadelphia native is key building block for young Toronto team

The Toronto Raptors have officially acquired the cornerstone of what they hope will be a young team brimming with potential.

The Raptors and Houston Rockets finalized a trade Wednesday that will send point guard Kyle Lowry to Toronto for forward Gary Forbes and a protected future first-round draft choice.

"We feel we've added a solid starting-calibre point guard to our team who will bring toughness, grit and playmaking at a very important position," Raptors GM Bryan Colangelo said during a conference call. "At (26 years old) I would say Kyle represents what I would characterize as the future of the position."

Lowry averaged career bests of 14.3 points, 4.5 rebounds and 1.6 steals with the Rockets last year. He also contributed team highs of 6.6 assists and 32.1 minutes in 47 games.

He is slated to make \$5.75 million US next season and \$6.21 million in 2013-14, a very

attractive price for a starting point guard who can put up points and eat minutes.

In addition to the six-foot, 205-pound Philadelphia native, Toronto will add prized rookie centre Jonas Valanciunas, recent draft picks Terrence Ross and Quincy Acy and potentially guard/small forward Landry Fields to its roster next season.

The deal was first reported last week, shortly after the Raptors missed out on signing Victoria's Steve Nash. Colangelo also said the team was going ahead with its plan to sign Fields to an offer sheet, reported last week to be around \$20 million. **THE CANADIAN PRESS**



Kyle Lowry plays against the Charlotte Bobcats in January.

GETTY IMAGES FILE

Calderon's future

What Lowry's acquisition means for current Raptor point guard Jose Calderon remains to be seen.

- Calderon played well last season, but Lowry is five years younger and regarded as an upgrade on defence.
- A likely scenario would see Lowry start and Calderon come off the bench.
- Colangelo said the Raptors would not be against trading Calderon for the right price, but for now they see him as a valuable part of the team.

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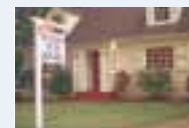
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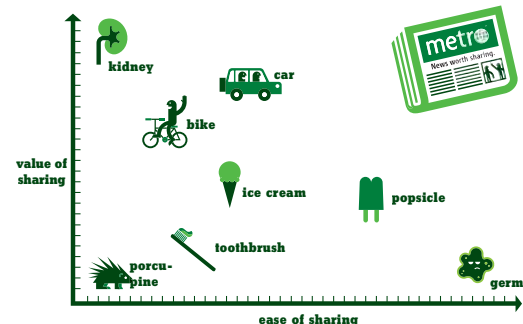
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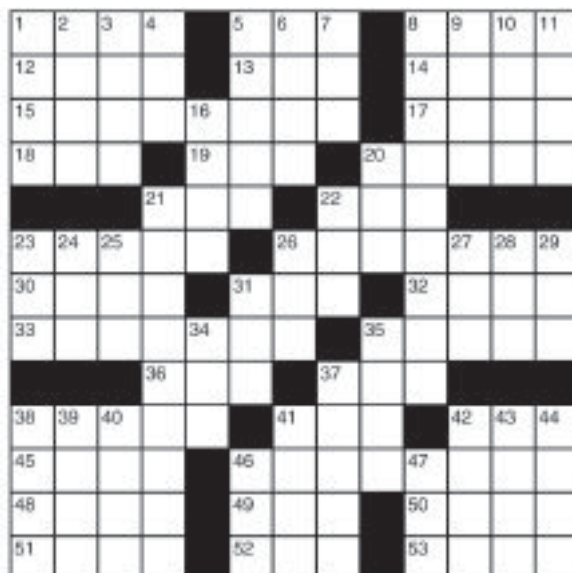
Across

- 1 Bear lair
5 Bookkeeper (Abbr.)
8 Pocket bread
12 "Yeah, right"
13 Part of UCLA
14 From the beginning
15 Seasoned beef product
17 Luminary
18 Hot tub
19 Work with
20 Tale
21 Spot on a domino
22 Resume
23 Macho type
26 Takes temporarily
30 Love god
31 Remiss
32 Met melody
33 Dangerous snake
35 Use a Cuisinart
36 Mex. neighbor
37 Pub order
38 Fragment of glass
41 Country club instructor
42 Branch
45 Cougar
46 Potpourri
48 Enthusiastic
49 Id counterpart
50 Geometry calculation
51 Got up

- 52 Buddhist sect
53 "Well!"

Down

- 1 Uppercase letters
2 Pronto, on a memo
3 Master-Card rival
4 Small salamander
5 Necklace fastener
6 Apple or pear
7 Spanish for "so"
8 Rural composition
9 Busy with
10 Wardrobe malfunction
11 Distorted
16 Destruction
20 Round Table address
21 Grazing land
22 Carton
23 That woman
24 Geological time
25 Witticism
26 Tavern
27 Raw rock
28 Victory
29 Blue
31 Actress Thompson
34 1960s hallucinogen
35 Rorschach picture
37 Bad lighting?
38 Mast



- 39 "Les Miserables" author
40 Andy's pal
41 Senate staffer
42 Broad expanse

- 43 Comic Caroline
44 Vegan's no-no
46 Candy in dispensers
47 Mystery writer Rankin



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

IXAY G MGKWAYLAK
HVPVLP G JNMGJ LGHAKY.
V PBWWNPA XA PNXBJC
NKAOK G PMKAICKVHAK.
Yesterday's Cryptoquip: IF A GUY IS DRESSED
IN A FELINE COSTUME, MIGHT YOU CALL HIS
HAIRSTYLE A "CAT MAN DO"?
Today's Cryptoquip Clue: I equals W



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Yesterday's Sudoku



Horoscope

♈ Aries | March 21 - April 20.

With Mars, your ruling planet, moving through the partnership sector of your chart, this is the perfect time to assess your relationships.

♉ Taurus | April 21 - May 21.

Your capacity for hard work is legendary but you could be tempted to take on too many tasks over the next 24 hours. While your energy may be unlimited, your time is not.

♊ Gemini | May 22 - June 20.

Throw yourself into a creative activity and forget about personal problems. Working hard on projects that you enjoy will be therapeutic.

♋ Cancer | June 21 - July 22.

You need to get over your sense of injustice and stand far enough back to see the big picture. Then you will realize that life is a lot fairer than you have given it credit for.

♌ Leo | July 23 - Aug. 22.

Forget about work for the next 24 hours and do something that is purely for fun. If you can arrange it, a trip away from your usual environment will do you the world of good.

♍ Virgo | Aug. 23 - Sept. 22.

You may want to make a good impression on certain people but don't do anything you might later regret. Success is important, of course, but so is your sense of integrity.

♎ Libra | Sept. 23 - Oct. 22.

All the things that you should have done but never got around to are possible for you now. Make use of Mars in your sign to motivate yourself to do something spectacular.

♏ Scorpio | Oct. 23 - Nov. 21.

There will be a number of distractions today and it is quite likely that you will get frustrated at not being able to focus on one thing at a time.

♐ Sagittarius | Nov. 22 - Dec. 21.

Even if you are a rare Sagittarius who prefers their own company, you will want to be involved in a group activity of some sort today.

♑ Capricorn | Dec. 22 - Jan. 20.

You may be determined to prove you have what it takes, but you must also accept there are forces in the world that can't be defeated.

♒ Aquarius | Jan. 21 - Feb. 18.

Mars in your fellow Air sign of Libra means there is no excuse for moaning that you don't get the breaks. Instead of waiting for luck to come your way, go out and grab it.

♓ Pisces | Feb. 19 - March 20.

Others will be eager to involve you in their schemes, but be on your guard. Yes, there is money to be made, but you won't get something for nothing. **SALLY BROMPTON**

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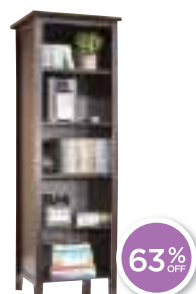


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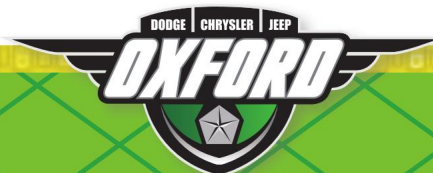
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